

Hyde County Hotline

24 Hour Crisis Line 252-925-2500

Abuse That's Hard to Recognize: Coercive Control

Intimate partner abuse that is often disguised as love

September 28, 2015 By domesticshelters.org

Isolation. Threats. Humiliation. Sometimes even physical abuse. These are the weapons of coercive control, a strategy some people use against their intimate partners. A relationship that should involve loving support ends up as a trap designed for domination.

Although coercive control can show up in a variety of relationships, the most common situation is where a man uses coercive control against his wife or girlfriend. However, people of any gender and orientation can be victims or victimizers. Victims of coercive control grow anxious and afraid. Coercive control strips away victims' independence, sense of self and basic rights, such as the right to make decisions about their own time, friends and appearance.

Many men who use coercive control also abuse their partners physically or sexually, but some use coercive control without physical violence. Outsiders may not be able to see the signs of coercive control in a couple; those who use it are often quite charming.

Victims of coercive control often feel like hostages. Over time being grilled, criticized, stalked and monitored may come to seem routine and inescapable. Victims often blame themselves as they feel despairing and disoriented. It's easy for a person in this position to lose confidence and accept their partner's view of reality. They may feel confused as they are told again and again that they themselves have triggered their partner's behaviors by doing something wrong. At the same time, to keep the peace, victims may suppress their own desires, silence their voice and detach from loved ones. Unfortunately, victims typically do not see the connection between their partner's control and their own isolation until time has passed. Losing self-confidence and close relationships at the same time can be paralyzing.

People who get caught in the web of a controlling person are no different from others. They just have the bad luck to become involved with an abuser at a time when they are especially vulnerable. Typically, an abuser will lavish attention on a woman at the beginning of the relationship. Over time, he becomes jealous, monitors her whereabouts, and restricts her interactions with others. His partner thinks the original "helpful man" is the "real" him, and if she does things right, he'll go back to being wonderful again. At times he may indeed act loving, if this seems like the best way to maintain his control. Loving acts become another controlling tactic. Abusers will not change without intensive intervention.

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November 2015

2nd

WITN – Tune in to WITN at 6:25am to see information about the Unmasquerade Ball

6th

Mailing tickets to everyone that has purchased a ticket for this year's Unmasquerade Ball

21st

Unmasquerade Ball

PEACE Sponsors

- Capt Neill's Seafood
- Sawyer's Land Developing
- Middle Creek Farms, Inc.
- Tim Whitfield Aviation, Inc.

Thank you for your support!

26th

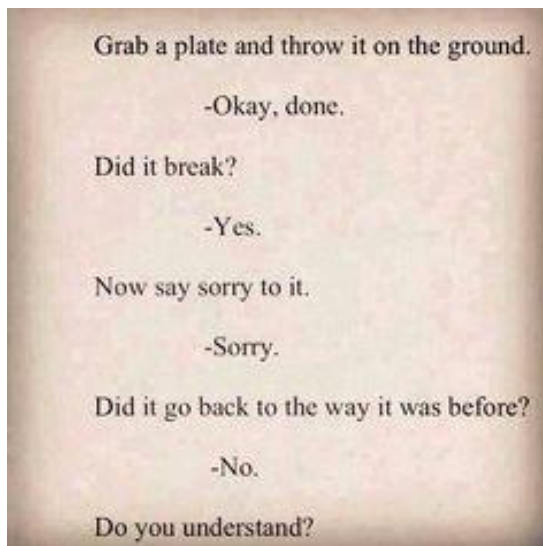
Thanksgiving Day

Abuse That's Hard to Recognize: Coercive Control *cont'd from page 1*

Once a controlling man has caught a woman in his web, he will do everything he can to prolong the relationship. Sometimes he will threaten, stalk, assault or even murder her if she leaves or he suspects she's trying to leave. For this reason, even if there is no physical violence it is important for a person who is being controlled to contact a domestic violence agency and devise a safety plan.

Only a couple of decades ago, society gave a name to sexual harassment, dating violence, marital rape and stalking. The problem of coercive control needs to be similarly named and recognized, so we can eliminate it. We all need to learn more about coercive control, so we can offer the right kinds of support and not allow victims to become isolated.

Lisa Aronson Fontes, PhD
Senior Lecturer, University of Massachusetts and Author of
Invisible Chains: Overcoming Coercive Control in Your
Intimate Relationship
www.domesticshelters.org



How you can help...

- **Donate to our Thrift Stores – call us for pick-up of large items 252-925-2502 (all donations are tax deductible)
- **Ask us about presentations **Ask how we can help you
- ** Tell others about us
- **Monetary donations are accepted: PO Box 335, Engelhard, NC 27824

OUR MISSION:

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community.

We promote dignity, respect and safety at home resulting in safer communities.

DOMESTIC VIOLENCE HOMICIDES IN NC

from January 1 – October 27, 2015

38 Murders

www.nccadv.org

Want to learn more about
being a Hyde County Hotline
Crisis Line or Shelter
Volunteer?
Let us know.
252-925-2502



We're on the Web!
Visit us at:
www.hydecounthotline.org



*Hyde County Hotline's
5th Annual Gala*

Unmasquerade Ball



*Saturday, November 21, 2015
Six o'clock in the evening*

The annual Gala is an elegant, sophisticated evening with entertainment and a fabulous silent auction.

Hyde County Hotline will provide a beautiful location with stylish décor for this year's Unmasquerade Ball.

This year's event will include:

Hors d'oeuvres

Silent auction featuring unique items and experiences

Gourmet Dinner

Entertainment

Live auction

Dancing with music by
DJ JM until midnight



Sponsorship Levels

\$1,000

\$700

\$500



Sponsor Tables \$800
(seats 8)

Tickets

Couples \$100

Individuals \$55



We are currently accepting donations for the
5th Annual Gala Live and Silent Auction.

To donate, please call 252-925-2502.

Thank you for your support!

*All donations are tax-deductible and tax donation forms will be
mailed to you from Hyde County Hotline upon request.*

PEACE Sponsors

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Thank you for your support!

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**THRIFT
SHOP**

Hyde Supply



Open Thursday – Saturday 10:00 – 4:00

Hyde Supply Thrift Store offers gently used, quality clothing, housewares, furniture, books, accessories and many other items to the public at low prices.

Abuse victims and their children often leave with literally only the clothes on their backs. The thrift stores are able to help an abused family quickly regain one of the basic needs of life that we so often take for granted and begin to restore some of the dignity stripped away by abuse.

Volunteers are vital to the organization's overall functioning and success.

Hyde County Hotline is a private, non-profit organization in Hyde County dedicated to promoting dignity, respect and safety at home resulting in safer communities.

Time, Money, and Merchandise are all needed and greatly appreciated. Thank you for your support!

All proceeds from the Hyde Supply Thrift Store go to support the Hyde County Hotline mission. All donations are tax-deductible and tax donation forms will be mailed to you from Hyde County Hotline upon request.

**Thank you to the Family Violence Prevention
Services Program, US DHHS, and NC
Council for Women for financial support.**

